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# THE GUIDING LIGHT

## Nutrition in Islam

*A Collection of Quranic Verses and Sayings from the 14 Masumin*

SUGGESTED AGES 8+

KISA KIDS PUBLICATIONS

GUIDED BY MOULANA NABI R. MIR (ABIDI)

**Disclaimer:** Religious texts have ***not*** been translated verbatim so as to meet the developmental and comprehension needs of children.

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## *Dedication*

This book is dedicated to the beloved Imām of our time (ʿaj).
May Allah (swt) hasten his reappearance and help us to become his true companions.

## *Acknowledgments*

*Prophet Muḥammad (ṣ): On the Day of Resurrection, the ink of the scholars will be weighed up against the blood of the martyrs, and the ink of the scholars will be heavier than the blood of the martyrs.*
*Nahj al-Faṣāḥah, Saying #3222.*

True reward lies with Allah (swt), but we would like to sincerely thank Brother Aliakbar Shaheidari and Sisters Sabika Mithani, Liliana Villalvazo, Zahra Sabur, Noor Kraus, Fatima Hussain, Sumaiya Mithani, Fizza Moalem, Sajeda Merchant, Shahista Asgaraly, Sarah Assaf, Fatemeh Eslami, Israa Safieddine, Abeda Khimji, Zehra Abbas, Elham Shaheidari, and Rumina Hashmani. We would especially like to thank Nashr Kumeh Publications for their artwork and contributions.

May Allah (swt) bless them in this world and the next.

## *Marḥūmīn Dedication*

For our daughter Shireen Ahsan, who loved the Ahl al-Bayt, and was loved by all around her,
please recite a Sūrah al-Fātiḥah.

## *Preface*

*Prophet Muḥammad (ṣ):*
*Nurture and raise your children in the best way. Raise them with the love of the Prophets and the Ahl al-Bayt (ʿa).*

Literature is an influential form of media that often shapes the thoughts and views of an entire generation. Therefore, in order to establish an Islamic foundation for the future generations, there is a dire need for compelling Islamic literature. Over the past several years, this need has become increasingly prevalent throughout Islamic centers and schools everywhere. Due to the growing dissonance between parents, children, society, and the teachings of Islam and the Ahl al-Bayt (ʿa), this need has become even more pressing. Al-Kisa Foundation, along with its subsidiary, Kisa Kids Publications, was conceived in an effort to help bridge this gap with the guidance of ʿulamāʾ and the help of educators. We would like to make this a communal effort and platform. Therefore, we sincerely welcome constructive feedback and help in any capacity.

The goal of *The Guiding Light* series is to help children learn that Islam is a holistic religion that shows the best way to lead our lives in all different areas!

With Duʿās,
Nabi R. Mir (Abidi)

## *About the Board ʿĀlim*

Moulana Nabi R. Mir (Abidi) is a scholar, an educator, a father, and an enthusiast for creating educational infrastructure and Islamic resources for the benefit of the global community. Always wanting to think 'outside of the box' by supporting the creation of innovative materials to engage young readers to pick up Islamic books, interact with Qurʾānic games, learn from the Steps to Perfection Curriculum, and begin their life-long journey of holistic education.

Being a dedicated student and graduate of *Darse Khārij* from the *Ḥawzah* (the Highest Level of Islamic Studies in the Seminary), Moulana Abidi knows the value of Islamic education. Also, having grown up in India, and now residing in the United States, he has had the honor of traveling to various communities and meeting many community leaders. He values the importance of collaboration and working together to optimize potentials, and to create open source platforms so that information and resources are available and accessible to everyone around the world.

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*You, dear reader, are now part of the Al-Kisa family.*
*Share the word, and join the mission.*

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# Nutrition in Islam

## *A Collection of Qur'ānic Verses and Sayings from the 14 Maśūmīn*

We all need food and drink to survive. However, we should look carefully at what we feed our bodies. It is important for us to work hard to earn ḥalāl sustenance, so that we are not filling our stomachs with haram. After all, Imām Ḥusayn (ʿa) himself said that one of the reasons Yazīd's army was able to stand up against the grandson of the Prophet (ṣ) was because they filled their stomachs with ḥarām. Therefore, we should ensure that we eat foods that are ḥalāl, wholesome, and nutritious, so that we have the strength and health to worship Allah and earn His pleasure.

LESSON 1

# ALL RIZQ COMES FROM ALLAH

فَابْتَغُوا عِنْدَ اللّٰهِ الرِّزْقَ

Work hard to get your rizq (sustenance) from Allah.

Sūrah al-ʿAnkabūt, Verse 17

There was once a young man who lived in a small village with his family. He would spend the entire day working very hard at his job. But no matter how hard he tried, he could not provide enough for his family. He failed at any business he tried. Little by little, his money was being spent, until it was all gone. He had lost everything!

One day, he made his way down to the river. After making wuḍūʾ, he raised his hands to the sky and prayed, "O Allah! You know that I am going through a very hard time right now, so please help me solve my problems. You are the All Merciful and All Powerful. I place all my trust in You alone!"

After making the prayer, his heart felt lighter and more peaceful, and he began to feel more hopeful and thankful. He was energized and began to think positively. As he made his way back home, he spotted a man who was having trouble catching a fish. So, he went up to him to see if there was something he could do to help. When the fisherman asked for some rope, the man gave him all the rope he had. In return, the fisherman gave him one of his fish. The man thanked him and continued on his way home.

When he reached home, he gave the fish to his wife to cook for dinner. But when she cut the fish wide open, she saw something that took her by surprise. "Look at this shiny pearl!" she exclaimed as her husband rushed to the kitchen. They looked at the pearl in amazement. "SubḥānAllāh!" they both cried out at the same time.

The next day, the man took the pearl to the market and sold it for a large sum of money. When he returned home, the whole family fell in sujūd to thank Allah for this wonderful blessing.

*Rizq: All the blessings that Allah gives out to us, such as food, clothing, health, time, and useful knowledge. Can you name more examples of rizq?

Ḥadīqat ash-Shīʿah (693 -2/691)

مَنْ حَسُنَ بِرُّهُ بِأَهْلِ بَيْتِهِ زِيْدَ فِي رِزْقِهِ

Imām Jaʿfar aṣ-Ṣādiq (ʿa):
When someone is good to his/her family, Allah gives him/her more sustenance.

Biḥār al-Anwār, Vol. 71, P. 10

LESSON 2

# FEED OTHERS

وَ يُؤْثِرُونَ عَلَى أَنْفُسِهِمْ وَ لَوْ كَانَ بِهِمْ خَصَاصَةٌ

They put others before themselves, even though they are in need.

Sūrah al-Ḥashr, Verse 9

There was once a man who had nothing to eat. Knowing that the Prophet (ṣ) was extremely generous, he decided to go and ask him for some help. The Prophet (ṣ) welcomed the man into his home and asked his wife, "Do we have anything to eat?" She replied, "No, all we have is some water to drink."

So, the Prophet (ṣ) returned to the masjid and called out, “Who will give food to this man?” Imām ʿAlī (ʿa) was quick to volunteer. "Let me take him to my house," offered the Imām (ʿa). So, the man followed him to his house.

Sayyidah Fāṭimah (ʿa) was thrilled to have guests since this makes Allah happy, but she told Imām ʿAlī (ʿa), "We only have enough food for one person, so we will give what little food we have to our guest." The Imām (ʿa) smiled and began serving his guest. He then made an excuse to leave the room because he did not want to embarrass his guest since he would be the only one eating.

The next morning, when the Imām (ʿa) reached the masjid for ṣalāh, the Prophet (ṣ) came to him and greeted him. Wiping away tears from his eyes, he told him, "The angels were very touched by the way your family treated your guest last night. Because of your hospitality, Allah sent down this verse: ‘They put others before themselves, even though they are also in need.’"

Tafsīr al-Anwār, Vol. 16, P. 261

إِنَّ اللَّهَ يُحِبُّ إِطْعَامَ الطَّعَامِ

Imām Muḥammad al-Bāqir (ʿa):
Surely, Allah loves those who feed others.

Biḥār al-Anwār, Vol. 71, P. 361

LESSON 3

# Always Thank Allah

لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ

If you are thankful (for the blessings I give you), then I will give you more.

Sūrah Ibrāhīm, Verse 7

One day, Imām aṣ-Ṣādiq (ʿa) was taking a walk when he came across a poor man sitting on the side of the street. The man was very thin and had sad eyes. He looked up and said, "I am needy. Please help me!" When the Imām (ʿa) offered him some grapes, he stubbornly refused. "I don't want grapes!" he complained, shaking his head. "I want money!" he moaned. He was so ungrateful!

The Imām (ʿa) continued walking down the street until he came across another poor man, who cried out, "O son of the Prophet! I am needy. Please help me!"

The Imām (ʿa) gave the man three grapes. "Alḥamdulillāh! All thanks is for Allah!" he said gratefully.

After hearing the poor man's reply, the Imām (ʿa) gave him two handfuls of grapes. "Alḥamdulillāh! All thanks is for Allah!" said the poor man once again.

The Imām (ʿa) was happy to see how grateful the man was, so he gave him a gold coin. The poor man took the coin in his hand and said more excitedly, "Alḥamdulillāh! Thank you Allah for everything! All blessings come from You; there is no god except You!"

Hearing this, the Imām (ʿa) gave him a bag full of gold coins. "O son of the Prophet," he said. "Thank you so much!"

"You're welcome," replied the Imām, noticing that this time, there was no mention of Allah. "I swear to Allah that if you had continued to thank Allah even until tomorrow, I would have given you all of my wealth!"

Biḥār al-Anwār, Vol. 4, P. 49

إِذَا أَكَلْتَ أَوْ شَرِبْتَ فَقُلْ: أَلْحَمْدُ لِلّٰه

Imām Jaʿfar aṣ-Ṣādiq (ʿa):
Whenever you eat or drink, say “Alḥamdulillāh” (all praise is for Allah).

Biḥār al-Anwār, Vol. 66, P. 374

# LESSON 4

## USE YOUR BLESSINGS PROPERLY

كُلُوا وَاشْرَبُوا وَ لَا تُسْرِفُوا

Eat and drink, but do not waste.

Sūrah al-Aʿrāf, Verse 31

One day, Imām aṣ-Ṣādiq (ʿa) was walking home from the masjid when he saw a half-eaten fruit lying on the ground in front of someone's house. Just then, a man walked out of that same house. He gave his salāms to the Imām (ʿa), and the Imām (ʿa) replied with a warm salām.

"Where did this piece of fruit come from?" asked the Imām (ʿa).

"It came from my house," the man mumbled, feeling a little guilty.

The Imām (ʿa) was sad to hear this. "But why?" he asked with a worried look in his eyes.

The man kept his head down in shame.

"If you have more food than you need, you can give it to the poor," said the Imām (ʿa) with a gentle voice. "It's not right to throw food away when there are people out there who don't have enough to eat."

Biḥār al-Anwār, Vol. 63, P. 432

مَنْ أَسْرَفَ زَالَتْ عَنْهُ النِّعْمَةِ

Imām Mūsā al-Kāẓim (ʿa):
When someone wastes a blessing, it may disappear.

Tuḥaf al-ʿUqūl, P. 301

LESSON 5

# EAT FRESH FRUITS

كُلُوا مِنْ ثَمَرِهِ إِذَآ أَثْمَرَ

Eat fruits when they are ripe.

Sūrah al-Anʿām, Verse 141

One hot summer day, Prophet Muḥammad (ṣ) was passing through an oasis with Imām ʿAlī (ʿa). After spotting a large tree, they decided to rest under it.

While they were busy talking to each other, a heavenly bowl appeared in front of them. The beautiful bowl was made of gold and decorated with precious stones. When they looked carefully, they saw that it was filled with fresh grapes and juicy dates.

After thanking Allah for this special gift, they began eating from the bowl. Soon after they were finished eating, the bowl disappeared back into the heavens.

The Maʿsūmīn (ʿa) have advised us to eat fresh fruits like figs, pears, and pomegranates, which are good for our health. *Alḥamdulillāh,* Allah has blessed us with so many delicious fruits to choose from!

Biḥār al-Anwār, Vol. 39, P. 128, Ḥadīth #16

إِنَّ لِكُلِّ ثَمَرَةٍ سَمًّا فَمَسُّوهَا بِالْمَاءِ

Imām Jaʿfar aṣ-Ṣādiq (ʿa):
Wash your fruits [so you don't get sick].

Al-Kāfī, Vol. 60, Ḥadīth #4

# Quiz Time!

1. Who gives rizq to all creatures?
   a. Our parents
   b. Our boss
   c. Allah (swt)

2. Why did the Prophet (ṣ) once tear up when he saw Imām ʿAlī (ʿa) after the morning prayer?
   a. He was happy to see him.
   b. He knew that Imām ʿAlī (ʿa) had given his food to the needy man.
   c. He knew that Imām ʿAlī (ʿa) had been reciting Qurʾān all night long.

3. Allah tells us in the Qurʾān that if we are thankful, then _____.
   a. He will give us more
   b. He will give us money
   c. He will turn us into angels

4. If we have more food than we need, we should _____.
   a. throw it out
   b. keep it in the refrigerator
   c. give it to the poor and needy

5. Imām aṣ-Ṣādiq (ʿa) tells us to _____ fruits before we eat them.
   a. peel
   b. wash
   c. cut

6. Name three things you learned about eating.

Email your answers to QUIZZES@KISAKIDS.ORG, and we will send you a certificate!

# *Glossary*

***(ṣ):*** Peace and blessings be upon Prophet Muḥammad and his family
***(swt):*** All Glory belongs to God, the Glorified and Exalted
***(ʿa):*** Peace and blessings be upon him/her
***(ʿaj):*** May God hasten his reappearance
***Aḥādīth:*** Traditions from the Noble Prophet of Islam
***Ahl al-Bayt:*** Divinely appointed family members of Prophet Muḥammad (ṣ)
***al-Fātiḥah:*** The first *sūrah* that is commonly recited and sent as a gift of prayer for the deceased
***Alḥamdulillāh:*** All praise is for God
***Allah:*** The Arabic term for God, a culmination of all His holy names and titles
***Duʿāʾ:*** Supplication; a deep connection and communication between an individual and God
***Ḥalāl:*** Permissible
***Ḥarām:*** Not permissible
***Imām:*** A divinely appointed leader, sometimes refers to a spiritual leader
***Imām al-Bāqir (ʿa):*** The 5th Imām (divine leader); his name means the spreader of knowledge
***Imām Ḥusayn (ʿa):*** The 3rd Imām (divine leader); his name means good-doer
***Imām Mūsā al-Kaẓim (ʿa):*** The 7th Imām (divine leader); his name means the one who swallows his anger
***Imām aṣ-Ṣādiq (ʿa):*** The 6th Imām (divine leader); his name means the truthful
***Imām ʿAlī (ʿa):*** The 1st Imām (divine leader); his name means the exalted
***InshāʾAllāh:*** God-willing
***Marḥūmīn:*** Someone who has passed away
***Masjid:*** Mosque
***Maʿṣūmīn:*** Infallibles
***Qurʾān:*** The Holy Book of Muslims
***Rizq:*** Sustenance
***Ṣalāh:*** Prayer
***Salāms****:* Greeting of peace that Muslims exchange when they meet one another
***Sayyidah Fāṭimah (ʿa):*** The daughter of the Noble Prophet, and most pious lady in Islam
***SubḥānAllāh:*** All Glory and Praise belongs to God
***Sūrah:*** A chapter of the Qurʿān
***Wuḍūʾ:*** Ablution performed before prayer and other acts of worship
***ʿUlamāʾ:*** Scholars

# Transliteration Chart

Arabic terms in this book have been transliterated according to the following guidelines*:

| | |
|---|---|
| ء | a, i, or u (initial form) |
| ء | ʾ (medial or final form) |
| ا | a |
| ب | b |
| ت | t |
| ث | th |
| ج | j |
| ح | ḥ |
| خ | kh |
| د | d |
| ذ | dh |
| ر | r |
| ز | z |
| س | s |
| ش | sh |
| ص | ṣ |
| ض | ḍ |
| ط | ṭ |
| ظ | ẓ |
| ع | ʿ |
| غ | gh |
| ف | f |
| ق | q |
| ك | k |
| ل | l |
| م | m |
| ن | n |
| ه | h |
| و | w |
| ي | y |

| | |
|---|---|
| ـَ | a |
| ـِ | i |
| ـُ | u |
| ـّ | double letter |
| آ / ـَا / ىٰ | ā |
| ـِي | ī |
| ـُو | ū |

*Please note that due to limitations, the transliteration is not 100% accurate in capturing tajwīd rules.

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